

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

www.middletownct.gov/seniors

MARCH 2020



Best Ever Quick Breads & Muffins March 4th at 1:30pm

Snow Date: March 5th at 1:30pm

Mary Lee Brody is a freelance recipe developer and editor whose clients have included Kraft Foods, McCormick Spice Company, Ladies Home Journal and Cook's Magazine. This month's class will be about making the best ever quick breads and muffins. It will run 2-3 hours. \$6/\$10 NR pre-registration.

The class is run demonstration style in the cafeteria with samples for all participants. This class is wildly popular, so don't wait to sign-up if you are interested.

These sweet quick breads and muffins are moist and delicious. They are great anytime of the day and can be frozen so you will always have a batch on hand. We will be making a really moist Banana Bread, tangy Lemon Poppy Seed Bread, Apple Whole Wheat Muffins and Streusel Coffeecake Muffins.



CT Humane Society Community Pet Wellness Clinic

March 18th from 12:30-4:00pm

Free "full-serve" pet clinic (i.e., general wellness exam, vaccines, heartworm tests for dogs, nail trims, deworming, flea/tick preventatives) for seniors 55+. Each family is limited to 2 pets. You must have an appointment. Please call 860-594-4500 x6308 to schedule your appointment.

Space is limited. The Humane Society has received grant funding for this event and has chosen Middletown as a host site.

Due to the cafeteria being in use this day, lunch will be served upstairs and American Mahjong is cancelled for the 18th.



Pizza & Game Night March 20th at 5:30pm

Our friends at Vox Church are sponsoring and running this fun event at our center! Free pizza and fun board games with Vox Church volunteers. This night out is about socializing with friends, making new friends, and having fun. **FREE**—Pre-registration is required. Space is limited. Please be courteous and don't take a spot if you don't plan to attend. **Also, by signing up, you are signing up to participate in the games, not just coming for pizza.**

Drumming for Wellness

March 31st at 2:30pm



In addition to being a fun activity, drumming actually provides better flexibility and blood flow to the arms, hands, and wrists. It's a great form of expression! Give it a try and be amazed at the rhythm we can create together.

\$3/\$5 NR pre-registration.

Acrylics & Appetizers

March 27th at 5:30pm

Relax, listen to music, socialize with friends, and make a painting that you can take home. This month's picture will be of a beautiful bumble bee on wildflowers.

Snacks will be served. The doors will open at 5:15pm.

\$10 Residents /
\$12 Non-Residents



Baking with Heidi

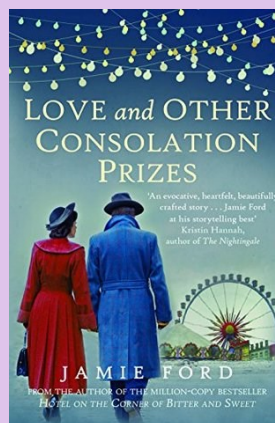
March 25th at 2pm



This month we will be making blueberry and Greek yogurt cake. Take home what you make! \$6 pre-registration is required.

March Book Club

March 30th at 2:30pm



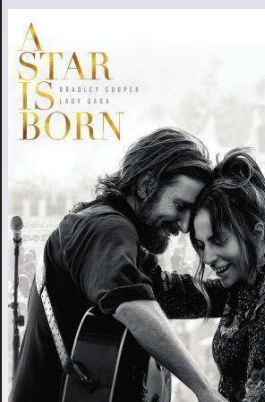
This month's book is "Love and Other Consolation Prizes" by Jamie Ford. An epic and touching love story of a raffled-off orphan boy named Ernest and the two girls he loves — one for now, one forever. Set against the backdrop of old Seattle, **Love**

and Other Consolation Prizes is a tenderly defiant testimony to the soaring value of a human being, even the most forgotten among us. \$3 for the used book. You are more than welcome to purchase or borrow the book on your own and still attend the book club.

Pizza & A Movie

March 9th and 10th at 1:30pm

Estimated Run Time: 2h 15m



As a veteran country musician struggles with alcoholism, his lover's career soars to new heights. As his former stage partner and protégé blossoms from an insecure singer-songwriter into a major star in her own right, their relationship is placed under immense strain. Rated R by the Motion Picture Association of America for Language, Sexuality/Nudity, Substance Abuse.

\$2/\$4 NR Pre-registration required. Don't forget to indicate which showing you are registering for. Price includes 2 slices of cheese pizza.

Breakfast
March 17th at 9:30am

We're starting our St. Patrick's Day right with homemade corned beef hash, scrambled eggs, and English muffins.

\$5 pre-registration.



TOP'O
the morning
TO YOU

Rob Bass, Physical Therapist
March 26th at 2:30pm

Are you suffering from or have you suffered from Vertigo or other balance and vestibular issues (dizziness, headaches, etc.)? Physical Therapist Rob Bass from Physical Therapy and Sports Medicine Centers will be here to tell you how physical therapy can help.

FREE—
Please pre-register.



Enhanced Benefits Checkup
March 25th—By Appointment Only
(FREE)

Benefit Enrollment Centers help low-to-moderate income Medicare eligible seniors and persons with disabilities identify and apply for benefit programs such as:

- Medicare Part D Extra Help Program – helps pay towards your prescription drug plan premium, reduces the cost of covered medications and eliminates plan deductible
- Medicare Savings Program – pays your monthly Medicare Part B premium, and may pay for other Medicare cost sharing
- Husky C/Medicaid – provides medical coverage for persons age 65 and older, adults with disabilities and employed with limited income/resources
- Supplemental Nutrition Assistance Program (SNAP) – provides nutrition benefits to supplement your food budget

Sing-Along with Barbara
March 17th 12:30-1:30pm



Join us on this date and time for a sing-along with Barbara. FREE—
No pre-registration necessary.



Civitan Bingo 2020
Schedule

Doors open at 5:45, games start at 6:30pm

Middletown's Civitan Club has generously sponsored night bingo for seniors for over 40 years!

It is free to attend, however you MUST pre-register. Transportation is not provided. Grocery item prizes.

March 31st, April 28th, May 26th, October 27th & November 24th

Social
March 24th at 2:30pm



This month's social will feature a Crème de Menthe parfait. It will not contain alcohol.

\$2 pre-registration is required.



Bus Trips

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from March 3rd through March 10th. No entries will be accepted after the 10th. All members selected in the lottery will be notified by the 12th. Payments are due by noon on the 16th. **The lottery is only for members who are Middletown Residents.** Times listed in parentheses are the departure times. The first time is the departure time from Pat Kidney field and the 2nd is the estimated departure time from the final destination.

It is your responsibility to be at the pickup location 10 minutes early so we stay on schedule. Failure to be at the pickup location by departure time is grounds for suspending you from further trips. We will be forced to leave without you and you will be responsible for finding your own transportation home.

March Bus Trips

3rd—Old Mill Pond Village & Shops and Cambridge House Brew Pub (10:15-2) \$3/\$4 NR
5th—The William Benton Museum of Art and Red Rock Café (9:30-2) \$4/\$5 NR
10th—Crystal Mall and Lunch on Your Own (10:45-2) \$3/\$4 NR
12th—The Shops at Farmington Valley and lunch on your own (10:45-2:15)
17th—Christmas Tree & Cracker Barrel (Orange) (10-2:15) \$3/\$4 NR
19th—Foxwoods (9-3) \$6/\$10 NR
24th—Ikea & Fishtail (10:30-2:30) \$3/\$4 NR
26th—Yale Art Museums and Lunch on Your Own (10:30-2:30) \$3/\$4 NR
31st—Litchfield Distillery and 99 Restaurant (Bristol) (10:30-2:30) \$4/\$5 NR

All bus participants must adhere to the Senior Bus Policies and Procedures. If you need a copy, please inquire at the front desk.

April Bus Trips

2nd—Crystal Mall and Lunch on Your Own (10:30-2:30) \$3/\$4 NR
7th—Fascia's Chocolate Tour and Pepe's Pizza Lunch (10-1:30) \$8/\$10 NR
9th—Escape Room and Ruby Tuesday's (12-3:30) \$12/\$15 NR
14th—Mohegan Sun Casino (9-3) \$6/\$10 NR
16th—Trader Joe's Plaza and 7 Seas Restaurant (9-3) \$3/\$4 NR
21st—Shops at Farmington Valley (10:30--2) \$3/\$4 NR
23rd—Flamig Farm (9:30-1) tour, hayride, and see the animals \$8/\$12 NR Price includes a bag lunch
28th—Mystic Village Shops (10-2) \$4/\$5 NR
30th—Christmas Tree Shop and Rein's Deli (Vernon) (10:30-2:30) \$3/\$4 NR

There is a copy of the Senior Bus Policies and Procedures hanging in the cafeteria and copies are available at the front desk. There is nothing new listed here, this is simply a reminder of the current rules. All members are encouraged to familiarize yourself with the rules. Here are some of the highlights:

- Monthly Bus Lottery Open for 1 Week. You must be an active member and a Middletown Resident to participate in the lottery.
- All lottery winners notified by phone. You must pay for your trip by the advertised deadline or you will lose your spot.
- Cancellation surcharge applies to all no show/no call. Penalties have been added for multiple no show/no call instances.
- Non-resident fees will be increased and vary per trip.
- You must disclose all mobility devices you plan to bring on the trip during the registration/lottery process. This is necessary to insure we've reserved the right amount of space on the bus.
- Participants who miss the bus home are responsible for securing transportation home at their own expense.
- There are defined penalties for (1) Failure to follow staff directions (2) Failure to comply with the code of conduct (3) Failure to be at the bus pickup location at the advertised time (4) No Show/No Cancel Penalties
- Explanation on cancellation responsibilities and entitlement on refunds
- Minimum Enrollments, Weather Conditions, Driver Responsibilities, Seating, Waitlists, etc.
- **ALL weekday trips will leave from Pat Kidney field through 3/31/20.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LADY KATHARINE REGISTRATION IS OPEN 2 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD ® 2:00 Pokeno	BUS TRIP LOTTERY OPENS 3 9-3 Footcare with Jennifer 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:15 Bus Trip: Old Mill Pond Village Shops 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Watercolor Class 2:30 Games with Staff	4 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 11:00 American Mahjong 1:00 Bingo 1:30 Quick Bread & Muffin Baking Class with Mary	5 9:00 Exercise with Jane 9:00-12:00 Mahjong 9:30 Bus Trip: William Benton Museum of Art 10:30 Qigong 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/ Crocheting 1:30 Get Tough Exercise	6 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:00 Better Breathers Club 1:30 NO Cribbage TODAY 2:30 Employee Appreciation Party
9 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD ® 1:30 Pizza & A Movie "A Star is Born"	BUS TRIP LOTTERY CLOSES 10 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:45 Bus Trip: Crystal Mall 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Watercolor Class 1:00 Therapeutic Fitness 1:30 Pizza & A Movie "A Star is Born"	11 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 11:00 American Mahjong 1:00 Bingo 2:00 Bananagrams	LOTTERY NOTIFICATIONS 12 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 10:45 Bus Trip: Shops at Farmington Valley 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/ Crocheting 1:30 Get Tough Exercise	13 9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 3:00 Early Bird Dinner: Corned Beef and Cabbage
LOTTERY PAYMENTS DUE BY NOON 16 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:00 March Birthday Party 1:15 Dance for PD ® 2:00 Pokeno	NON-RESIDENT BUS SIGN-UPS BEGIN 17 9:00 Footcare Clinic with Jennifer 9:30 Hand, Elbow, Foot Card Game 9:30 St. Patrick's Day Breakfast 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 10:00 Bus Trip: Christmas Tree Shop (Orange) 12:00 Lunch 12:30 Sing-Along with Barbara 1:00 Therapeutic Fitness 1:00 Watercolor Class 2:00 Boggle	18 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12-1 FREE Hearing Screening by Beltone New England—Richard Lastrina 12:00 Lunch upstairs today 11:00 NO American Mahjong 12:30-4:30 Community Pet Wellness Clinic by Appointment 1:00 Bingo 2:00 Scattergories	19 9:00 Bus Trip: Foxwoods 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 12:00-1:00 Blood Pressure 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/ Crocheting 1:30 Get Tough Exercise	20 9-11 Vinal H.S. sponsored Manicures and Computer Tech Support 9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 5:30 Pizza & Game Night sponsored by Vox Church
23 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD ® 2:30 LadderBall in the Cafeteria	24 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:30 Bus Trip: Ikea 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Watercolor Class 2:30 Crème de Menthe Parfait Social	25 9-3 Enhanced Benefits Check-up 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 11:00 American Mahjong 1:00 Bingo 2:00 Baking with Heidi	26 9:00 Exercise with Jane 9:00-12:00 Mahjong 10:30 Qigong 10:30 Bus Trip: Yale Art Museums 12:00-1:00 Blood Pressure 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/ Crocheting 1:30 Get Tough Exercise 2:30 Vertigo and Other Vestibular Issues Seminar by Rob Bass, PT	27 9:30 NO Zumba with Diane TODAY 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 5:30 Acrylics & Appetizers
30 9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 1:15 Dance for PD ® 2:30 Book Club with Laura "Love and Other Consolation Prizes"	31 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:30 Bus Trip: Distillery 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Watercolor Class 1:30 Poker for Fun 2:30 Drumming for Wellness 6:30 Civitan Bingo (doors open at 5:45)			



Driver Safety

AARP Safe Driving Class 2020 Schedule

**April 22, June 17, August 5,
September 23, November 4**

\$15/AARP members \$20/non-members pre-registration.
Space is limited. Checks made out to: AARP. **Please note:**
**We are just the host for this class. Your checks are given
directly to AARP on the day of the class.**



**JUST
RELAX
AND
HAVE
FUN**

Games With Staff March 3rd at 2:30pm

Try out our new board games competing against staff members. Relax and have fun with the Senior Services Staff. Snacks will be served.

FREE—Please pre-register.

Bob Ross Painting Class April 16th 1-4pm

Many of you may remember Bob Ross, TV PBS host of "The Joy of Painting" show that ended in 1994. Bob's Zen-like voice and relaxing style hypnotized us all. But it was his technique that really captivated us with his ability to create a painting in 30 minutes. Now you can learn his technique by taking this class! Bob used special brushes and special thick, quick drying oil paints along with liquid white to allow a painter to apply many layers of paint to the canvas while still wet. A painting can be completed in one class. Our instructor Denise Cirillo-Romaniello has been studying traditional oil painting for many years, but it wasn't until she became a Certified Bob Ross Instructor that she fell in love with oil painting. Learn to create "happy little trees" and "fluffy little clouds" the Bob Ross way. Whether you really want to learn to paint or just have fun, you can create your own work of art in one class. Take home your own 16X20 masterpiece. All brushes, paints, easel, and 16X20 canvas provided. Space is Limited. \$18/\$25 NR pre-registration.



Employee Appreciation Party March 6th at 2:30pm

National Employee Appreciation Day is Friday, March 6th. Join Ann in recognizing our Senior Services staff, instructors, and health providers. The party will be a presentation followed by refreshments. Space is limited. If you want to join in and show your appreciation, there is a box in the lobby during the month of February where you can leave any comments to be included. Any notes received will be shared with the employees during the party. **FREE**—If you plan to come to the party, please pre-register. Any questions, call or email Ann (860) 638-4548 OR ann.gregg@middletownct.gov



**March 6th at
1pm**

**Better
Breathers
Club**

**RSVP to
Laura Falt**

FREE

DATE: Friday, March 6th

TIME: 1pm

LOCATION: Middletown Senior Center

61 Durant Terrace, Middletown

TOPIC: Updates on Lung Health

SPEAKER: Jeremy McDonald, American Lung Association
COMPLIMENTARY REFRESHMENTS WILL BE PROVIDED



If you have COPD, Lung Cancer, Pulmonary Fibrosis or any chronic lung disease, you are invited to attend this support group. Caregivers are also welcome to attend.

Please RSVP to Laura Falt at 860.335.7526 or email lfalt@nathealthcare.com.

SAVE THE DATES FOR UPCOMING BETTER BREATHERS CLUB 2020 MEETINGS:

April 3, May 1, June 5, September 4, October 2, November 6

SPONSORED BY:



Bingo & Pokeno



Bingo—

Wednesdays & Fridays at
1pm \$1 for 2 cards or \$2 for 4 cards.
No pre-registration. This is a cash game.

Pkeno— We will be running 2 Pokeno
games in March per your request!

March 2nd and 16th at 2:00pm \$2- Please
pre-register. Grocery prizes.

Texas Hold'Em Card Game March 31st at 1:30pm

FREE—Just for fun! Have fun with
friends playing cards on a
professional table with real
chips! Pre-registration is
required.



Ladderball Game March 23rd at 2:30pm

It's been a long winter and we
are starting to get stir crazy.
Since we are dreaming of
Spring, we are bringing the
outdoor games inside! Ladderball is a fun and
simple throwing game. It was very popular at
least year's Crystal Lake picnic. It's typically
played with 4 people at a time. We will have 2
sets in the cafeteria available for use. Based on
sign-ups, you may need to wait your turn to play.
FREE—Please pre-register.



Foot Care Clinics

Jennifer Bosco, RN is tak-
ing appointments for foot-
care on March this
month. \$35 payable to
the practitioner. Please
bring 2 hand towels. Call
for an appointment.



Manicures/Tech Support Sponsored by Vinal Tech High School March 20th 9-11am



Treat Yourself to a FREE mani-
cure! Don't miss out on this
amazing service provided at
our center by Vinal Technical
High School students! Please
pre-register.

If you need some tech-
nical assistance or help
brushing up on your
computer skills, this
program is for you!

This helpful service is provided at our center
by Vinal Technical High School stu-
dents!

FREE—Please pre-register.

One-on-One Computer Help



March Birthday Party March 16th at 1:00pm

Sponsored by Water's
Edge Center for Health and
Rehabilitation. We are cel-
ebrating all March birth-
days! FREE—Please pre-register.



Spring Lady Katharine Cruise May 12th—Morning Departure

This river cruise is open to Middletown
Residents 50+. \$1 pre-registration is re-
quired. Registration opens for the cruise
on March 1st. Your receipt is your board-
ing pass.



Recurring Programs/Services

(F) =Free (\$) = Cost Associated

American Mahjong—Wednesdays at 11am (F)
Arcade Games—Anytime in the Game Room
Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime
Bingo—Wednesdays & Fridays at 1pm (\$) Cost: \$1 for 2 cards or \$2 for 4 cards
Bocce—Anytime (F)
Blood Pressure Clinic—Thursdays 12:00-1:00 (F)
Book Club— (\$ for used book) Cost: \$3/\$5 NR for used book
Cable TV—Anytime (F)
Card Games—Setback Thursdays at 12:30pm, Hand, Elbow Foot Game Tuesdays at 9:30am (F)
Coloring—We have adult coloring pages available for sign-out (F)
Computers—Laptops are available for use anytime (F)
Cribbage—Fridays at 1:30pm (F)
Dance for PD ®—Mondays at 1:15pm (F)
Darts—Anytime (F)
Exercise—Mondays, Wednesdays, and Thursdays at 9am (F)

Foot Care with Jennifer—by appointment (\$) Cost: \$35
Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)
Get Tough—Thursdays at 1:30pm (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.
Lending Library—The Library is open upstairs (F)
Lunch—Daily around 12pm. Congregate meal program run by CRT with a suggested donation of \$2.50. Reservations Required.(\$)
Mahjong—Thursdays 9am-12pm (F)
Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)
Middletuners Chorus Practice—practice at Village at South Farms (F)
Ping Pong—By request when there aren't health services scheduled (F)
Qigong—Thursdays at 10:30am (\$) Cost: \$28/\$35 NR
Shuffleboard—Anytime in the game room (F)
Sing-Alongs—Third Tuesday of the month at 12:30 (F)
Tai Chi — Mondays at 10:30am (\$) \$28/\$35 NR
Therapeutic Fitness—Tuesdays at 1:00pm (F)
Yoga—Wednesdays at 10am (\$) \$40/\$50 NR
Zumba—Tuesdays & Fridays at 9:30am (F)

Friendly Reminder

Note: We are writing this reminder due to feedback from our members and observations made by staff

There are more than 1,000 people frequenting our center with new members joining every day. Some members have been with us for years and have established a comfortable routine in certain programs.

Just a reminder, whether you are in a class, having lunch, watching a movie, reading a book, playing bingo, or participating in any other activity, there are no "assigned seats". It's unwelcoming to come into a class or activity for the first time to be told that you can't sit there because that's "my seat". There is no such thing as "my seat". Just because you sat in a certain chair last class does not mean you can "claim" it going forward.

Please be cognizant of your words and actions towards each other and consider how they would make you feel if the roles were reversed. We are all adults and this is a recreational facility designed for socialization and fun.

In addition, we have observed half empty rooms with coats on the back of empty chairs leaving members coming into an activity with nowhere to sit. If someone has stepped away for a moment, of course their seat should be saved, but please don't save seats as a buffer between people with no one sitting there.

Don't be afraid to meet new friends and sit somewhere new. Many beautiful friendships have been made at this center!

Our reservation policy remains in effect. If 6 or more members would like a table reserved for a social, dinner, or night event, we are happy to accommodate that.

In an effort to make our activities in the cafeteria more welcoming, we are using the round tables as much as possible. This allows you to see and speak to a larger group.

If you have a seating issue, please don't hesitate to get a staff member and we will do our best to assist you.

Let's relax and have a good time!

SAVE THE DATE

Note: These dates are being provided as a courtesy to help you plan ahead. The listed activities are not yet accepting sign-ups.

- **April 13th—Steve the Psinging Psychologist and his Traveling Mental Health Show**
- **April 24th—Night Event run by Senior Staff**
- **May 5th—Senior Expo**
- **May 8th—Vox Church Sponsored Night Event**
- **May 12th—Ice Cream Emergency**
- **May 14th—Military Whist**
- **May 22nd—Elvis Impersonator Show**
- **May 29th—Fashion of the 1920's Presentation**
- **June 1st—"A Journey" One Woman Show**
- **June 5th—Acrylics and Appetizers**



March 11th at 2pm—Bananagrams

Bananagrams is a fun word game wherein lettered tiles are used to spell words. It's similar to scrabble. FREE—Please pre-register.



March 17th at 2pm—Boggle

Boggle is an easy game with 3 minute rounds where players attempt to find words in sequences of adjacent letters. FREE—Please pre-register.



Scattergories March 18th at 2pm

This game challenges you to come up with words beginning with the same letter that fall into the categories of each round. You score points when you come up with items that nobody else does. FREE—Please pre-register.

Senior Services Division Contact Information

Monday—Friday 8:30am to 4:30pm

Main Number: (860) 638-4540
Fax Number: (860) 343-5427
E-mail: seniors@middletownct.gov
Website: www.middletownct.gov/seniors

Income Tax Help

Free income tax assistance by IRS trained and certified volunteers is available at two Middletown Volunteer Income Tax Assistance (VITA) sites for households with incomes under \$55,000. You can save more than \$100 in tax preparation services alone! Appointments will be scheduled for January 28 through April 11 evenings, Wednesdays and Saturdays with two easy ways to schedule! Opportunities to meet at UW Monday-Thursday evenings, OR meet at NEAT Wednesday or Saturday during the day. Dial 211 press option "3" and then "6" or schedule your appointment online at uwc.211ct.org/taxhelp/

AARP also offers free tax assistance at locations in CT. We are not a host site, but you can find the latest information and locations on the AARP website aarp.org

CRT Lunch Service

Lunch is served Monday through Friday around 12:15pm by the Community Renewal Team out of Hartford. Reservations are required in advance (860) 638-4543. Reservations are taken by noon at least 1 full business day in advance.

\$2.50 suggested donation. For meals on wheels info, call Gladys from CRT at (860) 560-5848.



Transportation (860) 346-0212

Dial-a-Ride—The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$3.50 one-way. Appointments for transportation must be made at least 1 day in advance 860-346-0212. An application must be on file with Middletown Area Transit.

Enhanced Dial-A-Ride—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-346-0212. **No Same Day requests.**

Brain Teaser Winner

Thank you to all that participated! Our January winner by random drawing is Johannah Calcaterra.

WE HAVE A WINNER!

endings & beginnings

In this game, we provide the first half of a two-word phrase or compound word and the second half of another. For example, given *Credit* _____ *trick*, the one word that completes both clues is *Card*, i.e., *Credit card* and *Card trick*. (If you get stuck, the first letter of the answer is provided in a hint below.)

long-term memory
working memory
executive functioning

- | | |
|---------------------------------------|-------------------------------------|
| 1. Pine <u>apple</u> _____ cider | 6. Salad <u>dressing</u> _____ room |
| 2. Sales _____ <u>pitch</u> fork | 7. Red _____ <u>cross</u> word |
| 3. Office <u>building</u> _____ block | 8. Window <u>shopping</u> _____ bag |
| 4. Pepper _____ <u>corn</u> muffin | 9. Clock _____ <u>radio</u> station |
| 5. Goose _____ <u>egg</u> shell | 10. Post _____ <u>master</u> piece |

Answers on page 398

The March brain teaser is located on the last page of this newsletter. Please fill out and return to the front desk. No additional copies will be printed.

Reminders & Policy Clarifications

- All activities advertised by the Senior Services Division require pre-registration (including free programs) unless specifically advertised as no pre-registration required. Almost all activities we run have associated fees and are heavily subsidized before determining the registration fee. It's important that we have counts ahead of time to make sure the room is setup appropriately with enough seating, if snacks or food is being served we have to shop ahead of time based on the count, and we need to know that there is enough interest to run the program. Occasionally, there isn't enough interest and we need to cancel. We don't have a mass communication method, but if you have pre-registered and there is enough lead time notice of the cancellation, we can call or email you. Also, occasionally an instructor/speaker has an emergency or calls out due to illness and we need to know who planned on attending so we can notify you.
- Our general rule is that we don't run programs with less than 7 pre-registered members. When we bring in instructors or guest speakers, many times they have set minimum and maximum counts.
- Many programs sell out throughout the month. Don't wait after receiving your newsletter to sign-up for something that interests you. Since our programs are advertised usually 6+ weeks in advance, it is always worth getting on the waitlist. When people are courteous enough to let us know they cannot make it to a program they registered for, we backfill the spaces using the waitlist.
- Scanning in each time you enter the Senior & Community Center is not optional. It is a condition of your membership.
- When the front desk is experiencing a high volume of traffic, please consider coming back after your activity OR keeping money on your account so you can call in your list of activities and receive an email confirmation.
- Please call to cancel if you can't make it. We are wasting precious money from our budget and not able to fill your spot with someone who wanted to attend the program if you don't let us know you won't be coming.
- We have switched to a bi-monthly model for Tai Chi, Qigong, and Yoga. There is a charge for the 2 months regardless of the number of classes. Sign-ups are the month before the next session.

Middletown Prime Times
61 Durant Terrace
Middletown, CT 06457

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Answer Each Brain Teaser

A sundial has the fewest moving parts of any timepiece.
Which has the most?

What is unusual about the following words: revive, banana,
grammar, voodoo, assess, potato, dresser, uneven?

Two boxers are in a match scheduled for 12 rounds. (Pure
boxing only - no kicking, UFC takedowns, or anything else).
One of the boxers gets knocked out after only six rounds,
yet no man throws a punch. How is this possible?

A man takes his car to a hotel. Upon reaching the hotel, he
is immediately declared bankrupt. Why?

Senior (60+)

Brain Teaser

March 2020

Entries due by:
3/15/20

Name:

Phone:
